

The Californian Sandwich Recipe

4 tablespoons reduced fat cream cheese, softened
4 slices pumpernickel bread
4 leaves, romaine or red leaf lettuce
3/4 pound thinly sliced turkey breast
1 1/2 cups alfalfa sprouts
1 medium mango, peeled and thinly sliced
1 pear, cored and thinly sliced
4 strawberries

Spread 1-tablespoon cream cheese on each bread slice. Place 1 lettuce leaf over cream cheese. Divide chicken or turkey breast evenly and place over lettuce. Arrange alfalfa sprouts over turkey, top with mango and pear slices and garnish each open-face sandwich with a strawberry.

Makes 4 Servings

Serving Size: 1 open-face sandwich

Nutrients per serving:

Calories: 318

Total fat: 6 grams

Saturated fat: 2 grams

Cholesterol: 72 mg

Sodium: 304 mg

Carbohydrate: 36 grams

Protein: 30 grams

Dietary fiber: 6 grams